

## DAUGHTERS OF EVE.

What to Eat and When to Eat it.

MRS. CLEVELAND'S UNIQUE ROOM.

Brussels Carpet Going Out of Style—The Latest in Wall Hangings—General Gossip.

Home is home, however lowly; Peaceful pleasures there abide; Soothing thoughts and visions holy Cluster round our own fireside. Though the outer world be dark, And its ocean waves be tossed, Safe within its sheltering ark, All is calm and bright at home.

### What Shall We Eat.

A physician, writing on the food necessary to give sustenance, says that if a person uses up his brain faster than he makes it, he soon becomes nervous and irritable. If he does not assimilate enough food to supply its demands, his mind is sure to become weak. The healthiest and strongest individuals even should eat a far greater proportion of meat than of vegetable food. Beef should be taken as the standard meat. It answers every purpose of the system. Veal and pork are not as easily digested. Pork, as far as its composition goes, is an excellent food for nervous persons, but it is not readily digested. Yet, in our time, we need to think nothing better for the wounded men than bacon. As a rule, salt meat is not adapted to the regular needs of the nervous individual, as nutritious juices to a great extent go into the brine.

The flesh of wild birds is more tender and more easily digested than that of tame ones. This is accounted for by the greater amount of exercise they take, thereby renewing their flesh more rapidly and making it younger than that of birds which have been domesticated. This is a suggestion that might be of benefit to women of sedentary habits, who are desirous of procuring an appropriate diet. Fish of all kinds is good for nervous persons. Clams, raw eggs, contrary to the general opinion, are not as digestible as those that have been cooked.

A notion has been prevalent that persons have injured their digestion by eating too much. The fact is that most persons don't eat enough. There are more persons killed every year from insufficient food than from overeating. Many of those who die of a sufficient quantity for the economy of their systems. The very first symptom of indigestion is that who has exhausted himself by mental work, who has been born weak and irritable, is to furnish his brain with nourishment, either to repair the damage or to prevent it. Many of those who die of a sufficient quantity for the economy of their systems.

Nervous individuals may derive all the fat they need from sugar and starch. It is better, however, for those of weak digestive organs, or whose nerves are in a highly sensitive condition, to get their food from animal kingdom than from the vegetable kingdom. Stomachs, intestines and pancreas to create it out of these articles. Good bread, sweet butter and meat are the best food for the nerves.

People troubled with insomnia, nervous starting from sleep and sensations of falling, can often be cured by limiting their sleep to a diet of milk alone for a time. An adult should take a pint of milk and four meals daily. People with weak nerves require, usually, a larger quantity of water than those whose brains and nerves are strong. It aids in the digestion of food by making it soluble, and seems to have a direct tonic effect.

By proper eating and drinking, we should have fewer broken down, nervous wrecks, and far more vigorous intellects. The present human species cannot eliminate flesh from its food, and resort to a row of pills. The fancy that nothing but vegetableables should be eaten is apt to overtake every one somewhere in life. It is due to some disorganizing cause, and usually passes away with the disturbance that created it. "I can't turn out the old boy of a man I expected," said a little 3-year-old boy as he returned, rubbing his legs, from a wooden seat and scowling at his father, "and ma, the next time he whips us let's get a divorce."

Mrs. Martha J. Lamb, the historian, suggests that plays be produced at the New York theatres at \$10, which Washington saw when President.

Mrs. Lamb is editor of the *Magazine of American History*, and is one of the most constructive writers of the West. Years ago Mrs. Lamb brought out a novel entitled "Spies," but she soon turned her attention to a more serious character, and her "History of the City of New York" is a monument to her talent, research and indefatigable industry. She is petite, quiet, gentle, and with a kindly and sympathetic face. Mrs. Lamb lives at the old-fashioned Coleman house, where on the upper floor was the cozyest eyrie under the sun. She frequents society to a certain extent, and is a familiar figure during the season in Washington.

Some time ago Mrs. Cleveland conceived the idea of arranging a room in the style she remembered to have seen in the house of her grandmother in Wyoming county, N. Y., a number of years ago. She at once wrote to her relative, Mrs. Cushman, who lives at Cowlesville, N. Y., and asked if she could reproduce a carpet of the design which covered the floor of her grandmother's room. Mrs. Cushman replied that she would try and do so, and at once set to work tracing the design into stripes, coloring them and preparing them for the weaver. The carpet was finished in due time and sent on to Mrs. Cleveland; it is a combination of the "hit and miss" and "fancy stripe" variety.

The room, by the way, will be a very unique affair, and Mrs. Cleveland intends to reproduce as nearly as possible a room such as served the purpose of a drawing room in the last generation. There is to be a spinning wheel in one corner, the fireplace to be decorated with a pair of old-fashioned lanterns and there will be all the paraphernalia which went to make up the interior decorations of a country parlor. It will be distinctively an American room. There will be no doubt that it is a sample set by Mrs. Cleveland will lead to the adoption of a rare carpet "fad" among some of our fashionable people.

The Philadelphia *Carpet Trade* says there is no demand for Brussels carpet, as is shown by the fact that one Philadelphia mill devoted to its manufacture has been sold and another removed to Worcester, Mass. That the prices of this fabric have been mercilessly cut down from season to season there can be no doubt. There was then within a few years when it was thought that the tapestry mills would be wiped out of existence by the cheapness and plentifulness of Brussels, but just now the position of the two industries seems reversed, and there is a positive buoyancy in tapestry and tapestry velvet circles. It has been a long time since tapestry velvets were as popular as now, and the low price at which they have been sold has we imagine, diverted Brussels buyers in favor of the pile fabric.

For the latest in "wall hangings" the wide fringes are now being put on many new patterns in these goods in both twenty and thirty-inch will be produced. The daisy is a thing of the past, and the sterna strength in decoration is now being put on the upper part of the room where its clear and unbroken space can give it full effect. Ceiling papers are claiming special attention as to design and color, and the sale is steadily increasing. In fact, no room today is complete unless the ceiling is treated with as much or even more care than the walls.

Side-wall papers are tending more toward simplicity of design and uniformity of color, while the fringes are looked to with special care as to their decorative and finishing effect.

A singular and striking anomaly in the habits of present-day people, is the great contrast in the amount and kind of clothing worn during the day and at night, especially in winter. When the air is cold and the weather inclement, it is the general custom to wear garments of extra thickness and warmth, and to sit around roaring fires. But on going to bed, ninety-nine cases out of a hundred, people pass from the warm living rooms into chilly bedrooms.

Conventionality has habituated one to custom; but a really serious contemplation of it cannot fail to make the utter absurdity of the custom clearly apparent. If this night garments are worn and cold sheets preferred, it stands to reason that the warmth both lack should be present in the atmosphere. To heat the body and then to suddenly deprive it of its calorific heat, is contrary both to science and common sense. Dwellers in foreign countries almost invariably sleep in flannel garments, and the backwoodsman wraps himself in a stout woolen blanket, and delects the elements. They are sensible. The human frame should, naturally, be clothed in woolen garments, for wool is a bad conductor of heat. Enveloped in flannel, the body maintains a normal temperature, which is of the greatest importance.

## PARK CITY PICKINGS.

The Financial Showing Made by Summit County.

THE SNOW PACKED IN THE HILLS.

The Northland-North Pole Trouble—New Mining Claims Recorded—A Grist of Newsy Items.

The Marsac made no shipments this week. William M. Perry was in the city during the week.

Superintendent R. C. Chambers came up from the city on Saturday's train.

W. H. Dodge is suffering from a relapse from pneumonia, caused by getting out too soon.

Mrs. Sylvester Johnson went to the city Tuesday for a two week's visit among her friends.

The change of time of the Echo and Park City road seems to give general satisfaction.

A large number of Parkites will go down to the city Friday to take in the big Liberal parade.

Justice Hay had a great time of it this week, not even a drunk coming up before his honor.

T. K. Snow has been on the sick list for nearly two weeks now, but is improving and will be out soon.

Judge H. Shields spent the week in Salt Lake on business connected with the North Pole Northland difficulty.

There will be preaching in the Congregational church next Sunday by the Rev. pastor, Rev. Charles H. Cook.

Now that the snow is not bothering the trains, plenty of coal is being brought in, and the coal famine is no more.

Alfred E. C. Williamson, who has been confined to his bed for nearly two weeks with neuralgia, is around again.

Mr. W. M. Curtis, superintendent of the Constock and Glenwood companies, is out again, without the knowledge or consent of this plaintiff, wrongfully and in violation of the rights of this plaintiff and forcibly and unlawfully entered into and upon a portion of the said North Pole mining claim.

Charles Johnson, the brakeman who was injured here last week, was taken to the Union Pacific hospital, at Ogden, Monday.

P. E. Harding is making arrangements to get into the postoffice as his commission arrives, which is expected this week.

C. H. Withey, secretary of the Crescent mining company, returned home on Friday from a two months' visit with friends and relatives in the east.

The warm south winds that have prevailed this week have played sad havoc with the snow, and in many places on the hillsides the ground can be seen.

"The Great Metropolis" is the next attraction at the Park opera house. It will be presented by the Metropolitan Opera House company, of San Francisco.

The Ontario shipped during the last week sixty bars of bullion, valued at \$5,135. The shipment is a large one owing to there having been none the week before.

The benefit ball of the Park City brass band Thursday night was a pleasant affair but was not so well attended as it should have been. The band deserved better success.

News was received from Butte this week of the death there of Ed. Pettit, an old timer in the Park. The cause was erysipelas with heart complications. Pettit had many friends in the Park.

There are a few cases of pneumonia in town, brought on by a gripe. One case resulted fatally this week. Mrs. Abigail Wood, wife of W. H. Wood, died Thursday afternoon and was buried Saturday.

"It's another boy, and the biggest that ever came to town," is the translation of the immense smile that overcame the countenance of Mr. J. L. Lusk, president of the Park, when he heard the news.

All concerned are doing nicely.

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